

G **GRAPHIC ST** **OF LESSONS IN**

Presented by UNITY MINISTERS'

BONDAGE OR LIBERTY, WHICH?

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"Choose you this day whom ye will serve!"
—Josh. 24:15

"Refuse the evil, and choose the good!"—Isa. 7:15

If you do not like what is appearing on the screen of your life, God gave *you* the power to change it. It is up to you. It does not help to blame the lack or limitation on any outer person or circumstance. Health, happiness, plenty are your birthright. You can claim it today. *It is strictly up to you!*

You choose to be sick, poor, unhappy by the way you have been thinking. You always make the choice by *knowing* or *not knowing* the truth of your life and being!

Jesus said, "Ye shall know the truth, and the truth shall make you free."—John 8:32

Every man believes himself to be in bondage to the flesh (man-made limitations) and the things of the flesh (conditions produced by man-made limitations). All suffering is a result of this belief. If the mind is bound, the body and affairs will be bound.

"I will arise and go to my Father."—Luke 15:18

Learn to know your oneness with God, and you will be free from all suffering, because you have conscious dominion over yourself and all things.

Each man must sooner or later learn to stand alone with his God; nothing else avails. Nothing else will ever make you master of your own destiny.

There is in your own indwelling Lord all the life and health, strength, peace, joy, wisdom, and support you can ever need or want. We are children of God, "and if children, then heirs; heirs of God, and joint-heirs with Christ."—Rom. 8:17

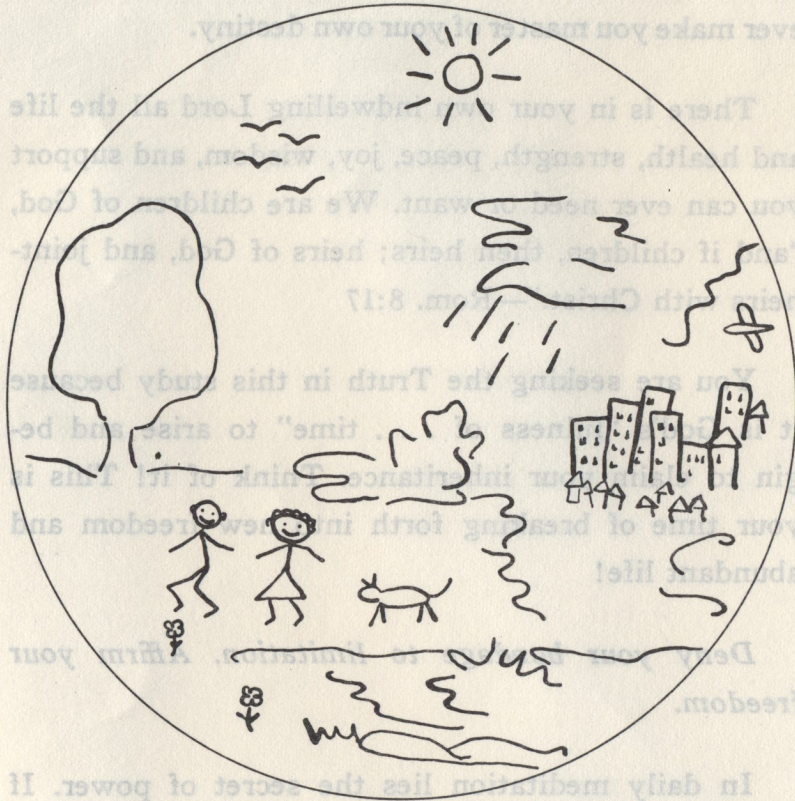
You are seeking the Truth in this study because it is God's "fulness of . . . time" to arise and begin to claim your inheritance. Think of it! This is your time of breaking forth into new freedom and abundant life!

Deny your bondage to limitation. Affirm your freedom.

In daily meditation lies the secret of power. If you have no time for this quiet meditation, make time, take time. Start now to live the life of the Spirit instead of the conflict-filled existence of the old self.

The very circumstances in your life that seem heartbreaking troubles will turn to blessings before your very eyes if you refuse to see anything but God in them!

GOD IS ALL



"IN HIM WE LIVE, AND MOVE, AND
HAVE OUR BEING."—Acts 17:28

STATEMENT of BEING

There is no other power or presence. "There is none else."—Deut. 4:39; Isa. 45:5

There is no opposition to God! "There is no power but of God; and the powers that be are ordained of God."—Rom. 13:1

There is but one substance—God substance—from which all things are made. God, the invisible reality, lies back of all visible things.

"He . . . giveth to all life, and breath, and all things."—Acts 17:25

There is but one substance—different degrees of manifestation, different forms of life, whether they be men, animals, trees, or rocks.

"There is one God, the Father, of whom are all things, and we through Him."—I Cor. 8:6.

God is not only the cause of every form, but He lives within every created thing as the life and intelligence of that form.

"Of him, and through him, and unto him are all things."—Rom. 11:36

We all have direct access through the Father in us—the central "I" of our being—to the great whole of life, love, wisdom, power, which is God.

STATEMENT OF BEING

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GOD IS SPIRIT

SPIRIT IS LIFE

LIFE IS MIND

"God is spirit, and they that worship him must worship in spirit and truth."—John 4:24

Spirit comes from a Latin word "spirare," which means to breathe, to blow.

Breath is life—therefore God is Spirit—Spirit is life.

Life is activity, movement, animation, from the Latin word "animus," which means mind.

God is invisible Spirit—creative energy, mind activity.

God is all Life, Intelligence, Love, Power, and Substance. God is not a being having life, and so forth
—God is Life.

God is the living, moving, thinking, breathing man, since He is the life, breath, and intelligence of man.

The living, moving part of man is Mind—God-Mind!

Man is God-Mind expressing itself! Ex (out) + press. Man is God pressed out into visibility. God is. Man exists, or stands forth out of God.

Man is God moving into manifestation. Manifestation comes from the word "manual" and means, "something that can be seized with the hand"!

God is the infinite intelligence outpicturing itself in every manifestation as life. God is mind at work!

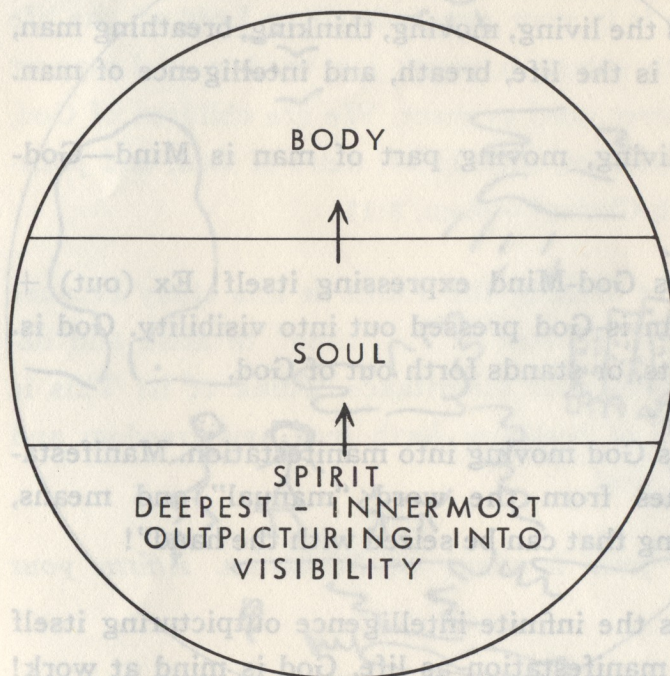
All activity is God activity. Man and God are one!

"THE FATHER AND I ARE ONE."—John 10:30

THINKING

MAN IS A THREE-FOLD BEING

ONLY ONE SUBSTANCE, GOD! DIFFERENT FORMS OF SAME SUBSTANCE.



STEAM



WATER



ICE

GOD
SPIRIT
MIND
I AM

CHRIST
SOUL
IDEA
I AM CONSCIOUS

MAN
BODY
MANIFESTATION
I APPEAR

GOD, THERE IS NONE ELSE!

God, the innermost part of man, moves through his soul to his body. Man's thinking transforms invisible substance into visibility.

Spirit is the central, unchanging "I" of us, the power to think, perfect, created in the image and likeness of God. It is called the Christ, the Father in us.

Soul is the clothing of the Spirit, including our intellect, and also the subconscious storehouse of memory and habit.

Body is the manifestation of the soul, the miraculous mechanism, the physical appearance that you can see.

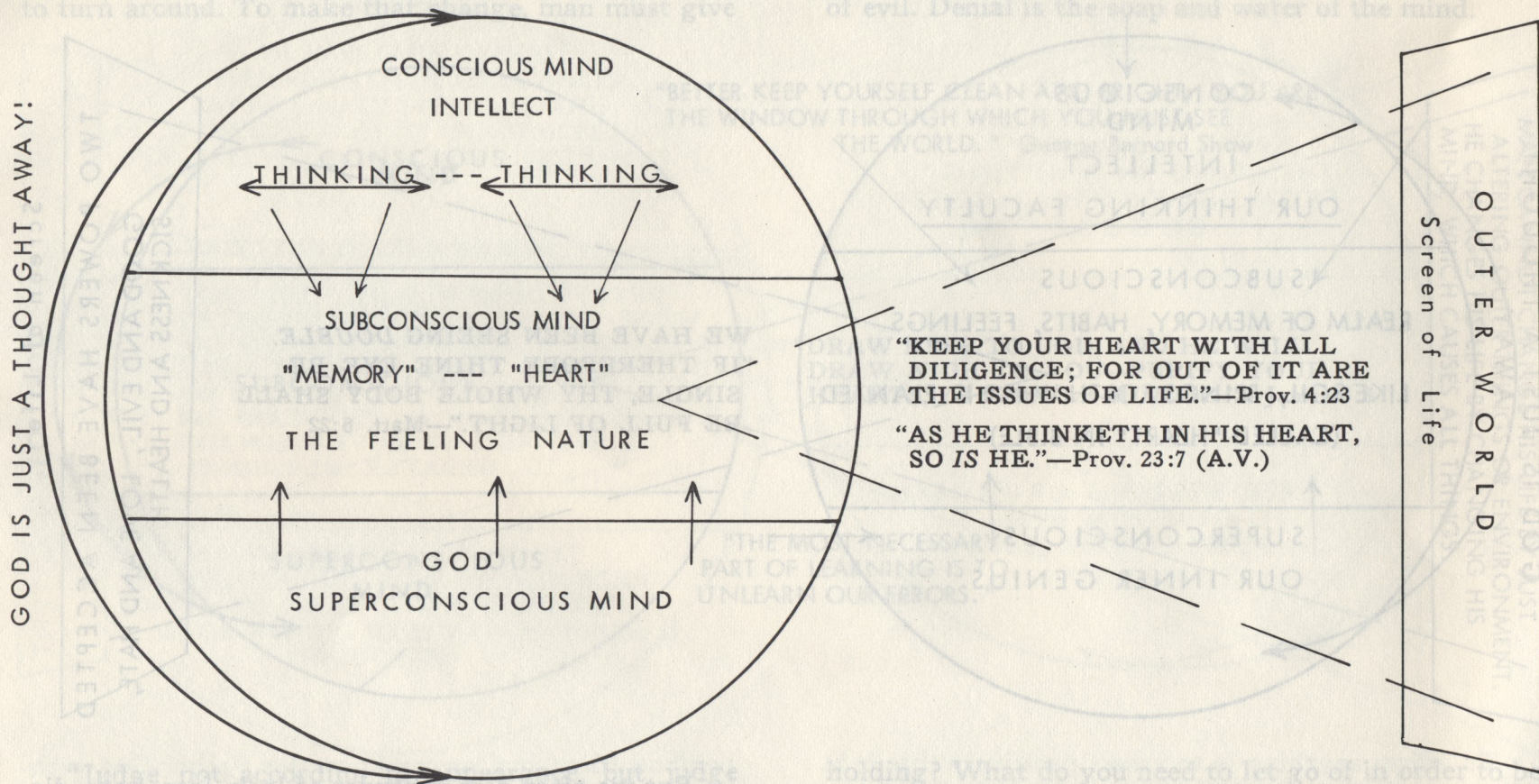
Spirit, soul, body: All are one in reality.

THINKING

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God's plan and purpose for us is that in our thinking we are to bring forth on earth (outer) the good that already exists for us in heaven (inner). We bring forth our God expression in the form of good ideas.

The thoughts of the conscious mind are instructions given to the subconscious mind, which carries them out by projecting them onto the screen of life.



Man has the power to think and feel separated from his God-self.

We want to establish firm inner contact with God in us through our open mind and our constructive ways of thinking. We seek to know, as Jesus Christ

knew, the Father within, Divine Teacher, Perfect Guide and Director of our lives.

Know for yourself: My mind is an instrument of God. God uses me as His receptive channel, and God's ideas are my ideas!

THINKING

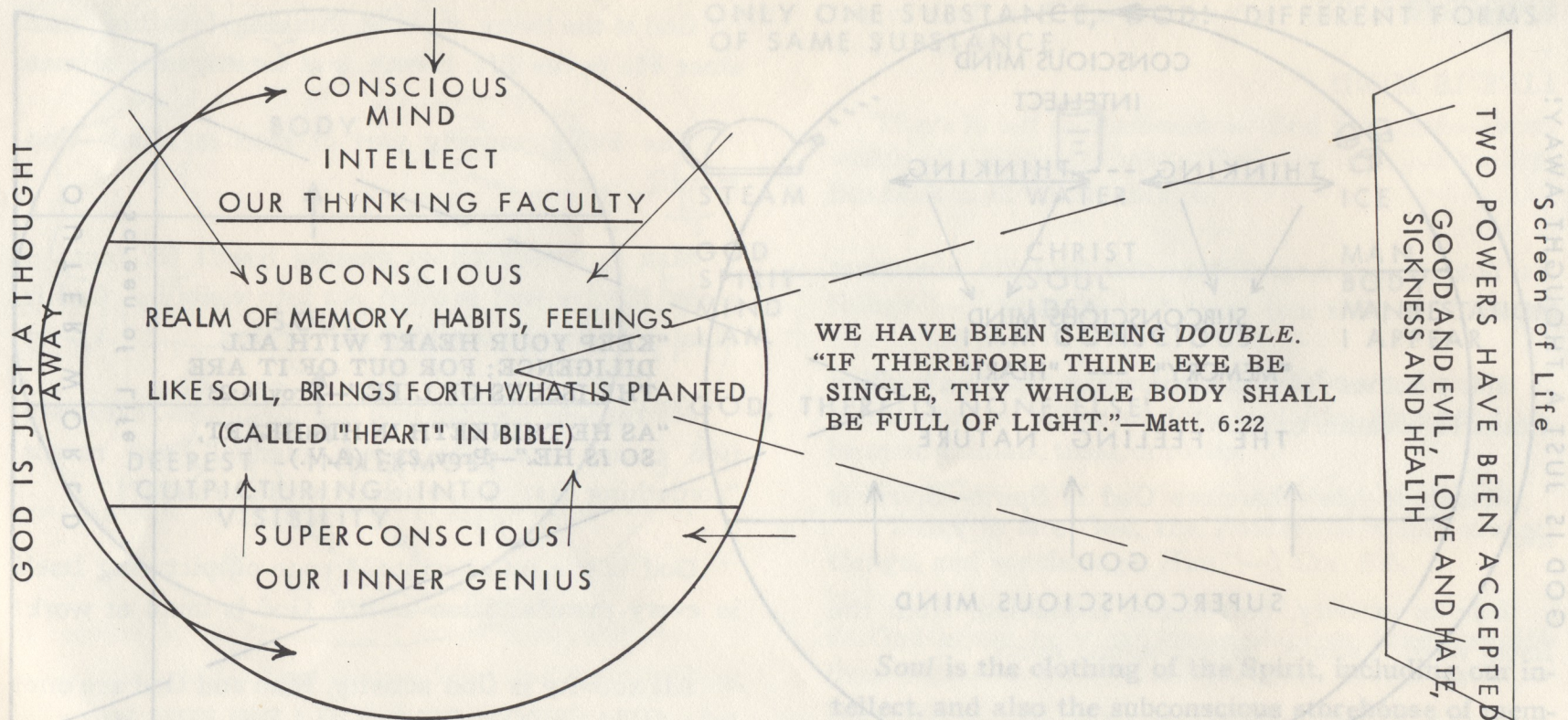
THOUGHT IS THE CONNECTING LINK BETWEEN GOD AND MAN!

Man looks outward and accepts many troubles as his natural state of being. Man has chosen to think

of lack, limitation, sickness, death as his lot in life.

Jesus said, "Judge not according to appearance, but judge righteous judgment."—John 7:24

"Abstain from every form of evil."—I Thess. 5:22



God ever plants the desire for good and more good—which is man's heritage as a son of God—but man has not trained his mind to *realize* this truth. God presses up into the feelings of man and man has deep longings—he longs for improvement, happiness, completeness, wholeness, joy, peace, love.

But we often sow attitudes of lack, fear, hate, distrust. The result is a "mixed-up" consciousness. Mixed up-results in life follow.

"A double-minded man [is] unstable in all his ways."—James 1:18

"Have this mind in you, which was also in Christ Jesus."—Phil. 2:5

DENIALS

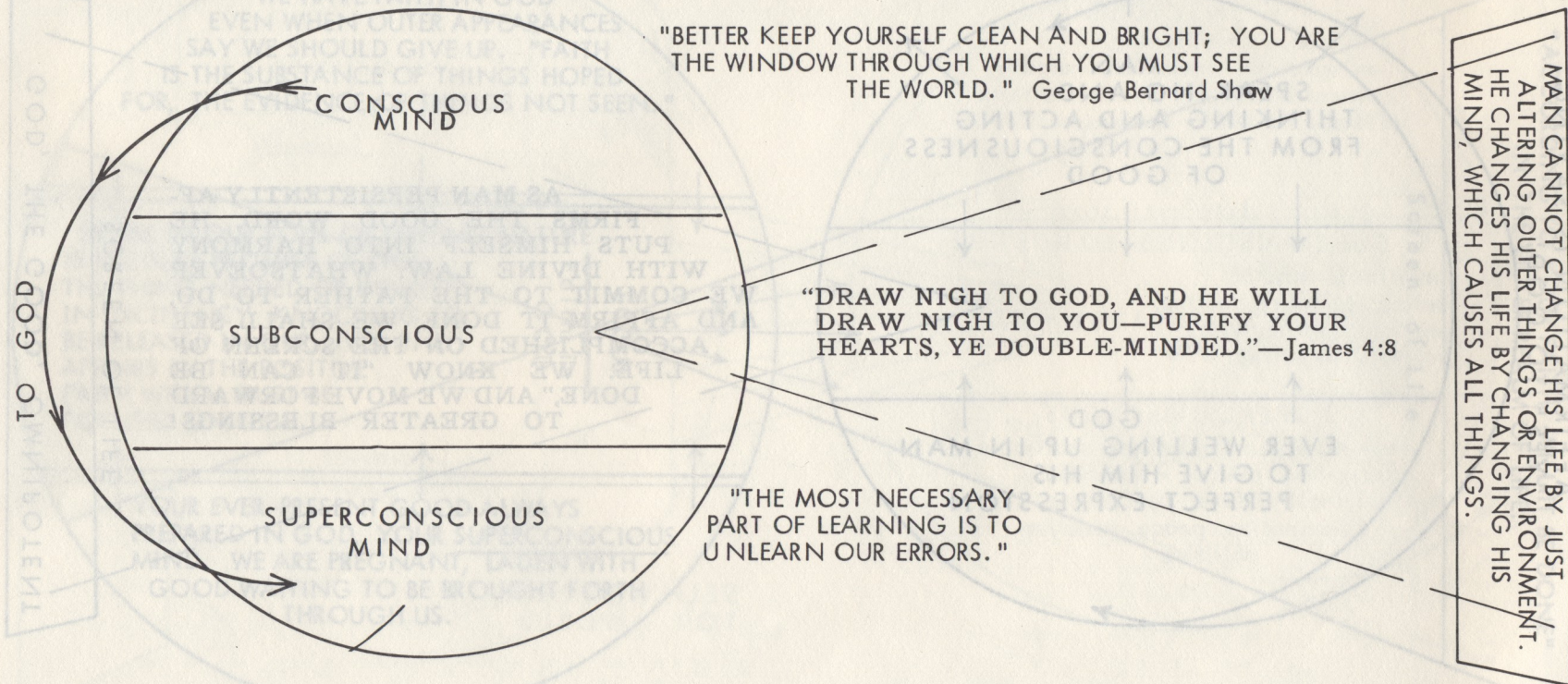
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THERE MUST BE A CHANGE IN CONSCIOUSNESS IF THERE IS TO BE A CHANGE ON THE SCREEN OF LIFE.

Repent means to change one's attitude of mind—to turn around. To make that change, man must give

his attention to God, the good, which is within him. He must deny (declare to be not true or permanent) all that is unlike good!

To deny is to cleanse from mind belief in the power of evil. Denial is the soap and water of the mind.



"Judge not according to appearance, but judge righteous judgment."—John 7:24

What kind of negative or limited thinking do you need to deny in yourself? Have you thought or felt limited by some circumstance or person? Do you have some regret or resentment to which you have been

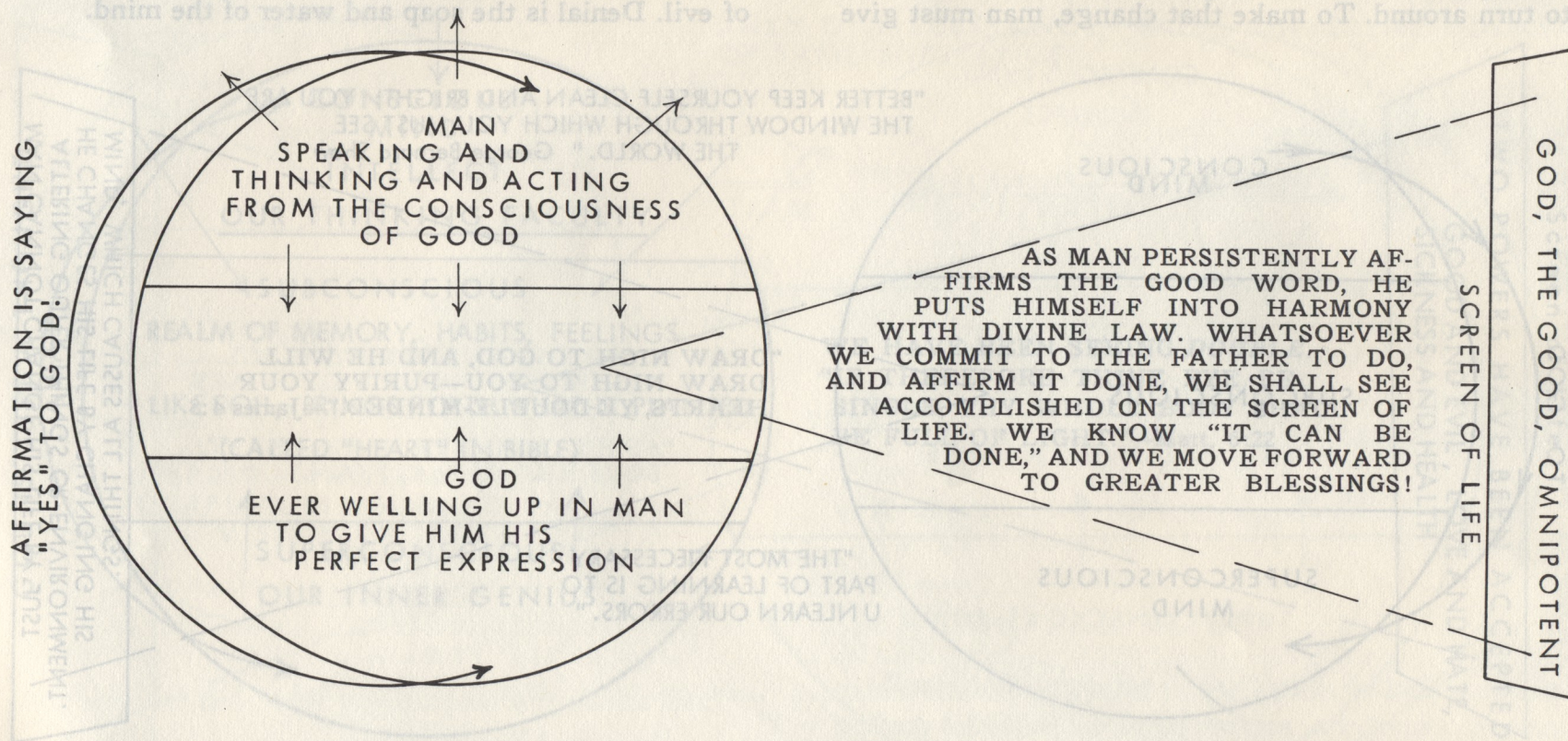
holding? What do you need to let go of in order to be happier, more peaceful, easier to get along with, a better worker, a free child of God?

Then release yourself from any negative thought patterns by denying that they have any power over you.

AFFIRMATIONS

To affirm is to *make firm* in your mind the truth of God's presence in the midst of every man, and especially within yourself. Affirmations say "yes" to

God—our good. "Thou shalt also decree a thing, and it shall be established unto thee."—Job 22:28



To *affirm* anything is to assert positively that it is so, even in the face of all contrary evidence or opinions.

Affirmations remind us, *not God*. Affirmations of Truth are steps that bring us to the place of *knowing*, a realization of our Godhood. Then we no longer de-

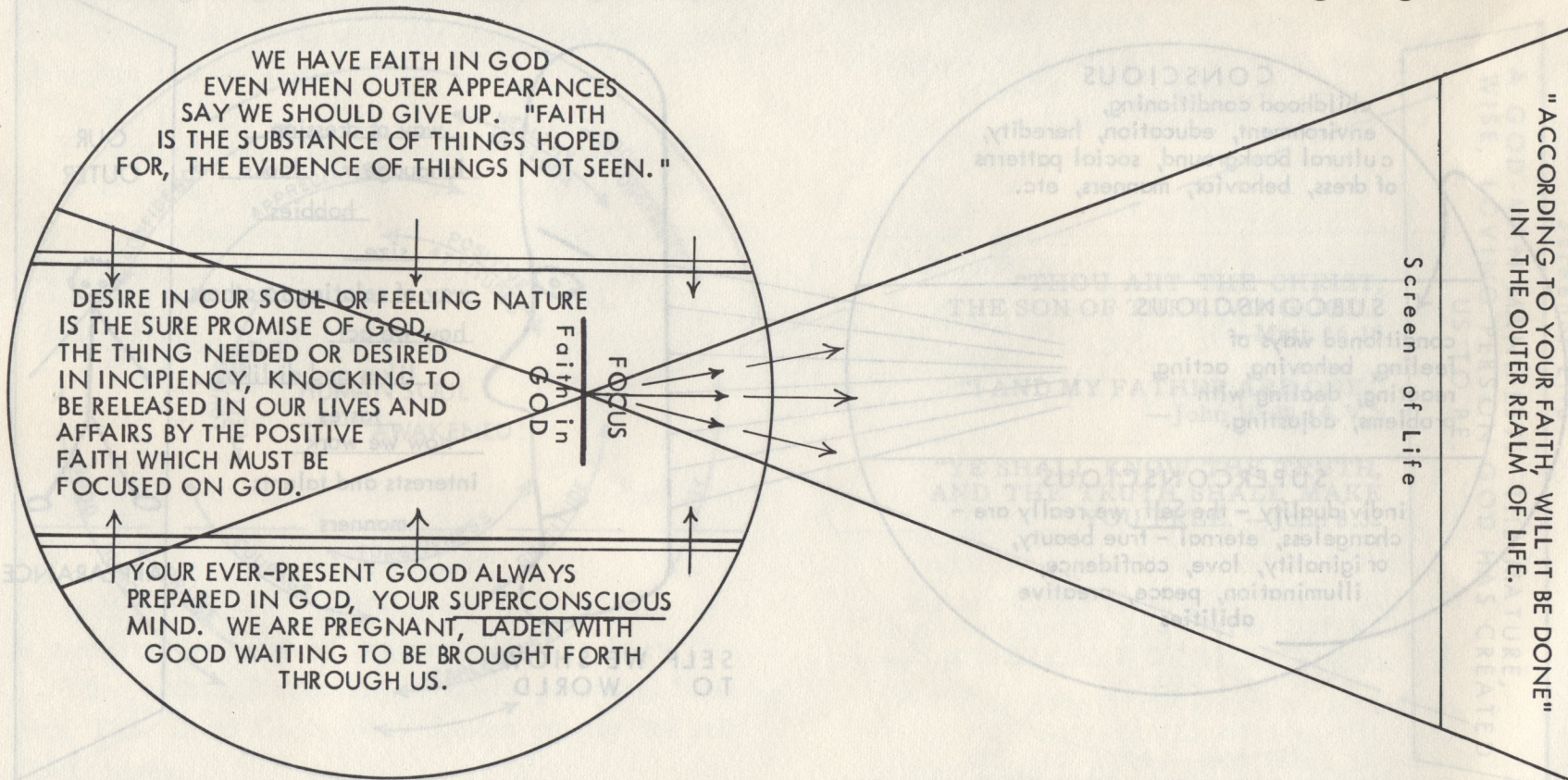
pend on them, but we can know our Father-God without a doubt in our hearts. Denials have an erasive or cleansing effect. Affirmations build up and give strength, courage, and power. Deny the appearance of evil. Affirm the good. "Be still, and know that I am God."—Psalms 46:10 (A.V.)

Faith is the power we use to focus our attention and concern. We are to focus our attention on God, the good, so that God projects Himself through us onto the screen of life.

The good of God, lavish abundance of our highest

good, the "thing ye have need of," is already awaiting our demand.

Focus: We put our attention not just on the thing needed but on the truth that God has already prepared and is giving that which is our highest good!



All power is generated in faith. *You can move mountains.*

Take fullest control of your mind, focusing on the good.

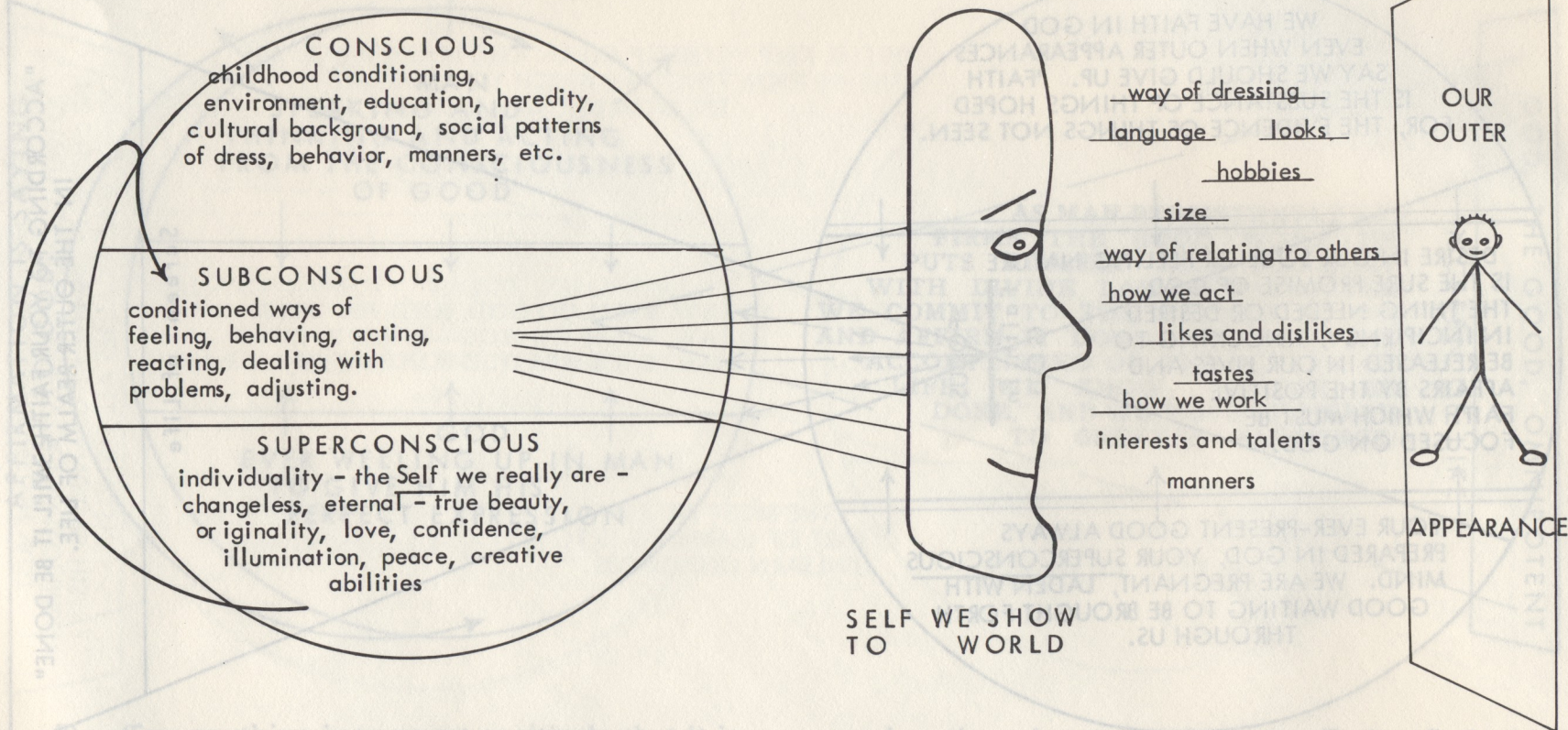
Only in proportion as we come to know God's power and goodness as an eternally true and infinite fact of our life can we be blessed fully by it.

Bring your mind to the point of correct focus. Believe in God's all-powerful supply for you. Hold your attention there. Hold it until you form a state of mind described in Mark as "shall not doubt in his heart, but shall believe . . . shall have whatsoever he saith." —Mark 11:23 (A.V.)

PERSONALITY and INDIVIDUALITY

"Personality" is from the Greek word "persona" which was a mask worn by actors in the amphitheater. An actor would change masks according to the play

and his part in it. *Individuality is like the actor. Personality is like the mask.*



As we let our real self—our individuality—express itself, we are a more creative, confident, loving, and lovable person. We put our best foot forward! "Personality, rightly understood, is God's expression on this plane. Your individuality is your spiritual identity,

but this has to be expressed on the physical plane, and that expression is seen as personality. When the expression is clear and logical, we get a brilliant and well-balanced personality, which means true success in life."—Emmet Fox

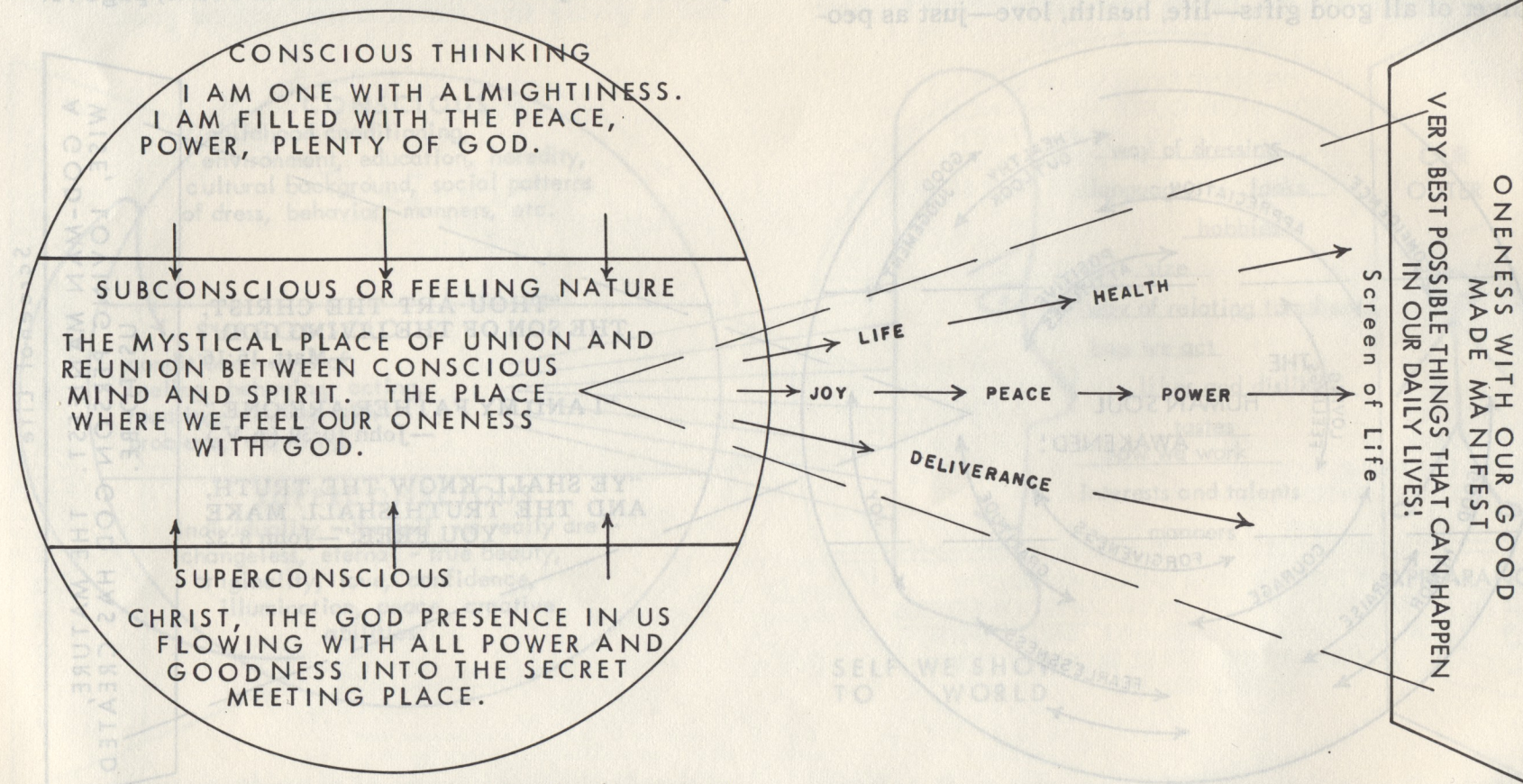
SECRET PLACE OF THE MOST HIGH

The *secret place of the most high* is within man, and it is the dwelling place of Almighty God.

Man's realization of this one presence and one power within himself is his salvation, that is, his *healing*

and *wholeness*.

The secret place is our invisible silent unity—where we are unified in thought and feeling with our God!



God must whisper to each soul in the innermost part of him. Then man puts aside books and teachers for the time to get his ideas and inspiration direct from the one Source.

This secret meeting between our soul and our God-resource cannot be *given* to us by any other person. We should not expect other persons or institutions to be the source of our good.

Our meeting place with God is not outside us somewhere. It is in the receptive stillness of our *own* soul.

"Enter into thine inner chamber, and having shut thy door, pray to thy Father who is in secret, and thy Father who seeth in secret shall recompense thee."

—Matt. 6:6

FINDING THE SECRET PLACE

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The Father in us desires to reveal to us the secret of His presence, else we would not hunger for growth, a better life, truth. God can only do *for* us what He does *through* us. Open your mind each day and invite God in! Let the inner invisible Spirit permeate your thoughts and feelings.

Be not anxious! You are not only seeking God—God is seeking *you*. But you must come where He is. Prayer is not asking for the great things but going where the great things are.

“Wait upon the Lord.”—Isa. 40:31 (A.V.)

“Come unto me.”—Matt. 11:28

Finding the secret place is a “do-it-yourself” project.

Sitting in the silence is not a lazy drifting. It is a passive, but definite, waiting upon the Lord God.

Turn within. Relax. Affirm God’s presence. Meditate. Tune in to God’s ideas. Listen quietly. Be still. *Give thanks.*

“Let us, then, labor for an inward stillness—

An inward stillness and an inward healing;

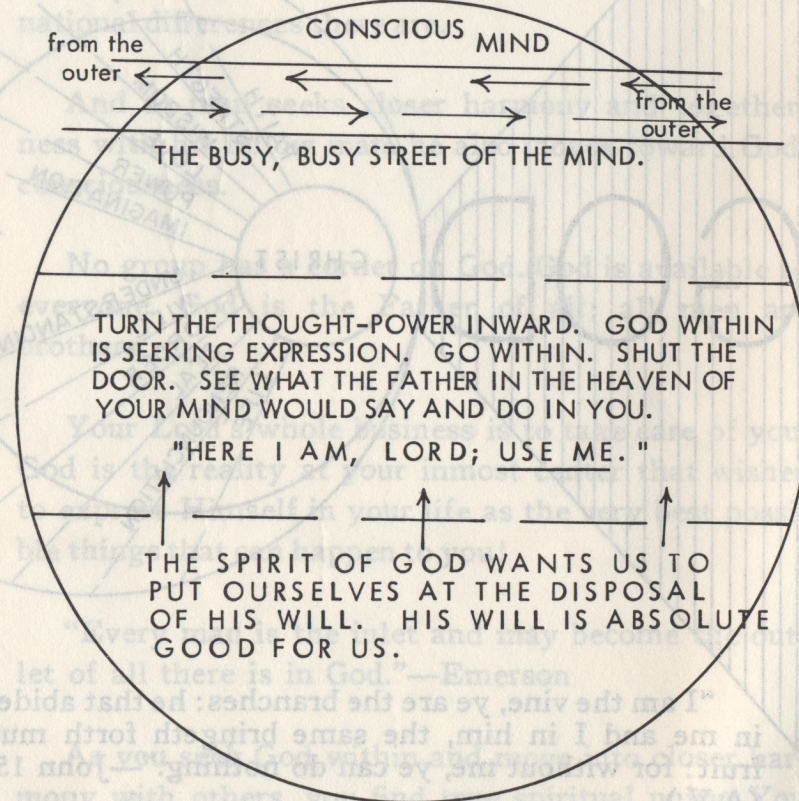
That perfect silence where the lips and heart

Are still, and we no longer entertain

Our own imperfect thoughts and vain opinions,

But God alone speaks to us, and we wait
In singleness of heart, that we may know
His will, and in the silence of our spirits,
That we may do His will, and do that only!”

—Longfellow



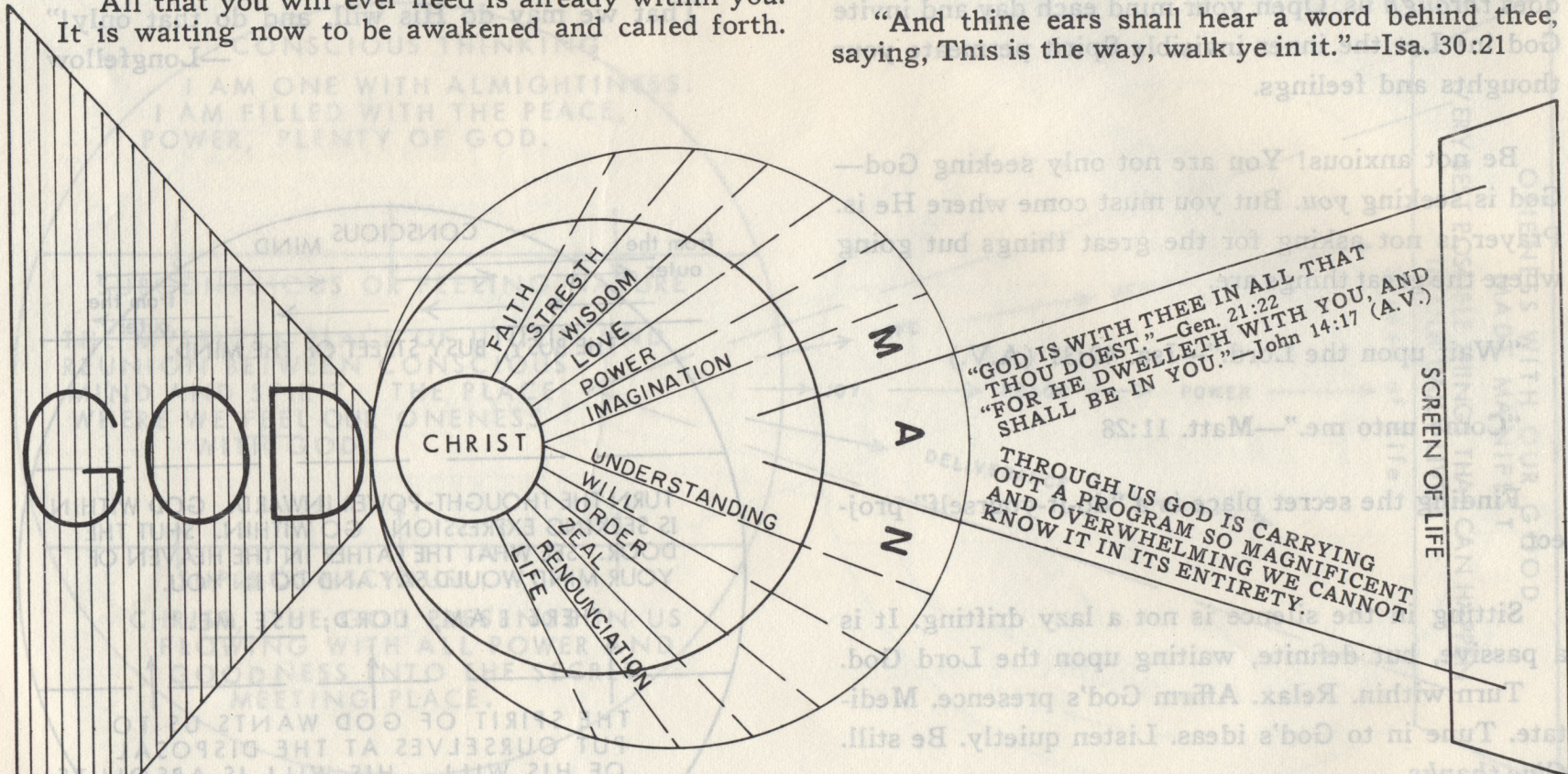
SPIRITUAL GIFTS

"Stir up the gift of God, which is in thee."—II Tim. 1:6

All that you will ever need is already within you. It is waiting now to be awakened and called forth.

Why wait? "Now is the acceptable time."—II Cor. 6:2. Go where the great gifts are—the divine Presence within yourself.

"And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it."—Isa. 30:21



"I am the vine, ye are the branches: he that abideth in me and I in him, the same bringeth forth much fruit: for without me, ye can do nothing."—John 15:5 (A.V.)

"Thou shalt love the Lord thy God with all thy

heart, and with all thy soul, and with all thy mind . . . and . . . thy neighbor as thyself."—Matt. 22:37, 38

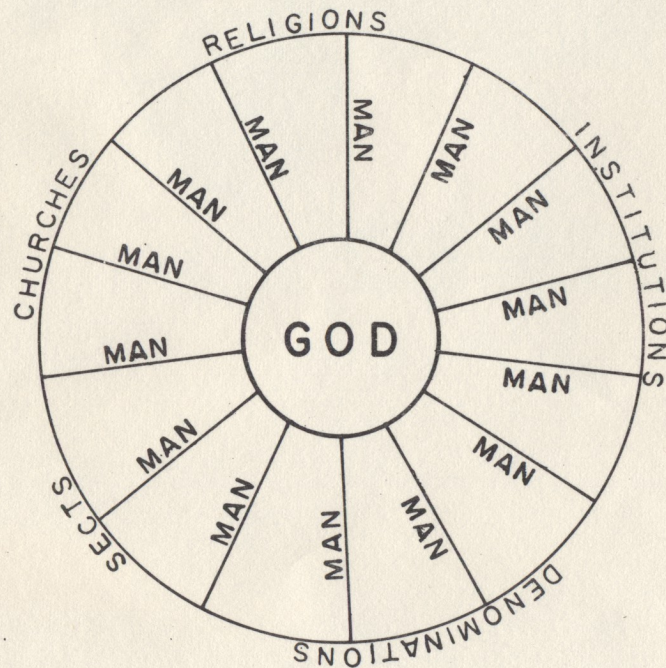
"If ye know these things, blessed are ye if ye do them."—John 13:17

UNITY OF THE SPIRIT

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God is the hub of life at which all people are connected!

WE ARE ALL ONE IN SPIRIT.



"From center to circumference is the method of growth throughout the universe."—Atom-Smashing Power of Mind, page 13.

There is a "unity of spirit"—a common unity at the center of all people. When people from any religion or denomination go beyond just belonging to the church (rim of the wheel) and really seek for spiritual understanding, they move inward toward God.

The closer they get to God, the closer they get to their fellow spiritual seekers, no matter what denominational differences there are.

And as man seeks closer harmony and togetherness with his fellow man, he also moves toward God-consciousness.

No group has a corner on God. God is available to everyone. God is the Father of all; all men are brothers.

Your Lord's whole business is to take care of you. God is the reality at your inmost center that wishes to express Himself in your life as the very best possible things that can happen to you!

"Every man is the inlet and may become the outlet of all there is in God."—Emerson

As you seek God within and move into closer harmony with others, you find true spiritual unity. You walk in the light and let your light shine!

"I and the Father are one."—John 10:30